

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-18 (Canceled).

Claim 19. (New) A method of treating extreme physical stress in a human comprising the steps of treating a human, exercised to near physical functional capacity and who is experiencing extreme physical stress as evidenced by raised serum prolactin levels in the human, by the human consuming at least 50 mg of L-theanine, and then resting the extremely physically stressed human for a period of 30 minutes, during which time the peripheral controls of the human including the raised serum prolactin levels are reduced and are increasingly coupled to the human central nervous controls including neurotransmitters, dopamine, epinephrine, norepinephrine and serotonin, which are substantially unaffected, thereby accelerating recovery of the human from extreme physical stress to complete regeneration.

Claim 20. (New) A method for accelerating recovery of humans experiencing extreme physical stress to near functional capacity comprising feeding a human experiencing extreme physical stress near physical functional capacity from about 50mg to about 200 mg of L-theanine mixed in a foodstuff or drink, and then, following consumption of the mixed foodstuff or drink, resting the extremely physically stressed human, for a period of 30 minutes to obtain complete regeneration of the human to an unstressed physical condition.

Claim 21. (New) A method according to claim 20, further comprising feeding the human a drink, containing the 50 to 200 mg of L-theanine, diluted to six-hundred milligrams per liter.

Claim 22. (New) A method according to claim 19, wherein the L-theanine is selected from the group consisting of γ -ethylamino-L-glutamine, natural L-theanine, and a mixture thereof.

Claim 23. (New) A method according to claim 22 wherein the L-theanine is enzymatically recovered.

Claim 24. (New) A method according to claim 20, wherein the L-theanine is selected from the group consisting of γ -ethylamino-L-glutamine, natural L-theanine, and a mixture thereof.

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Claim 25. (New) A method according to claim 24 wherein the L-theanine is enzymatically recovered.